



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

It's never too late, but the prevention of overeating and being overweight begins with developing healthy habits early in life. Encouraging children to eat a balanced diet that is rich in fruits, vegetables, and whole grains.

FITNESS TIP

To make a real impact towards losing weight, look to make time to exercise, in some way or form, each day. The impact both physically and mentally is off the scale but until you make these changes, you will not understand the size of impact it can make.

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EATING more than you burn off, especially from an early age, can have a significant negative impact on your health and wellbeing. When we consume more calories than our body needs, the excess energy is stored as fat, leading to weight gain and obesity, which is associated with many chronic health conditions.

Childhood obesity

Childhood obesity is a huge concern in today's world, with approximately 38% of children and adolescents in the US overweight or obese.

Children who are overweight or obese are at an increased risk of developing chronic health conditions such as high blood pressure, Type 2 diabetes, sleep apnea, and joint problems.

Constantly overeating can lead to the development of these conditions, making it difficult to reverse the damage later in life.

Cardiovascular disease

Overeating can also have a significant impact on your cardiovascular health. Excess body fat, particularly around the midsection, increases the risk of developing high blood

pressure, high cholesterol, and other risk factors for heart disease.

Studies have also found that childhood obesity is associated with increased risk of heart disease and stroke later in life.

Type 2 diabetes

Type 2 diabetes is a chronic condition that affects the body's ability to regulate blood sugar levels.

Overeating can lead to the development of insulin resistance, which is a precursor to Type 2 diabetes.

Insulin resistance occurs when the body is unable to use insulin effectively to regulate blood sugar levels. Over time, this can lead to high blood sugar levels, which can cause damage to the body's organs and tissues.

Mental health

Overeating can also have a negative

effect on your mental health and wellbeing. Children who are overweight or obese are at an increased risk of developing low self-esteem, anxiety, and depression.

The social stigma associated with being overweight can also lead to feelings of isolation and exclusion, making it difficult to form social relationships and maintain a healthy lifestyle.

Physical activity

Children who are overweight or obese often struggle to keep up with their peers during physical activities, leading to feelings of embarrassment and frustration. This can lead to a lack of interest in physical activity, making it difficult to maintain a healthy weight and lifestyle.

Prevention

Prevention begins with developing healthy habits early in life. Encouraging children to eat a balanced diet that is rich in fruits, vegetables, and whole grains and limiting their intake of processed and high-fat foods can help them maintain a healthy weight. Encouraging physical activity and limiting screen time can have a real positive impact too.



Eating well is a form of self-respect

Motivational quote of the day

Treatment

Treating overeating often requires a multi-faceted approach that addresses both physical and psychological factors. Treatment may include diet and exercise interven-

tions, behaviour modification, and in some cases, medication. Working with a health professional can have a big impact and set the goals and personalised parameters needed to make a real difference.